

The Flu



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The flu is a serious illness that
can put you in the hospital.

It can lead to pneumonia and
even death.

You can help keep yourself from
getting the flu by getting a flu
shot every year.



Southwest
District Health

For More Information: www.cdhd.org

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People with diabetes should have a flu shot every year and a pneumonia shot every five years.

Each year, 10,000-30,000 people with diabetes die of flu or pneumonia related complications.

During flu epidemics, people with diabetes are six times more likely to be hospitalized than those without diabetes.

The best time to get a shot is between October and mid-November, before the flu season begins.

If you have to wait to get your shot in December or early January you will still be protected for the rest of the flu season.

In addition to people with diabetes, it is recommended that the following individuals be immunized:

- anyone over the age of 50;
- children and adults with chronic illnesses;
- children or teenagers on a daily aspirin regimen;
- women who are over 4 months pregnant;
- residents of nursing homes or chronic care facilities;
- those who care for the elderly or anyone with a chronic illness.

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